



# MARCH 2010

## MONTHLY SCHEDULE & NEWS FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration  
Parks & Recreation Division  
12 East 4th Street • Duluth, MN 55805 • 218.730.4310



### EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	12:00 1:00	Hand & Foot Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15 1:00	500 Cribbage



MORGAN PARK,  
PORTMAN,  
on back.  
(See separate  
page for  
Lincoln Park  
and  
Rainbow  
Centers)

#### Monday-Tuesday March 8-9

1-5 PM AARP Defensive Driving Class  
First Time Class - 8 hours total  
(Call 730.4319 and leave message to register)

#### Friday

#### March 12

10:45 Senior Meeting

#### Monday

#### March 15

11:30 Post Polio

#### Wednesday

#### March 17

3:00 US Steel Meeting

#### Saturday

#### March 20

9-4 Senior "500" Card Potluck

#### Tuesday

#### March 23

10:45-3:00 "500" Card Tournament

#### Thursday

#### March 25

12:30 Ice Cream Sundaes served  
during Bingo Break! (\$1.00 each)

### SENIOR ACTIVITY SCHEDULE

#### "At A Glance"

Weekly, unless otherwise indicated.

#### BINGO

##### Monday

12:30 - Portman

##### Wednesday

12:30 - Morgan Park  
1:00 - Rainbow

##### Thursday

12:30 - Evergreen  
1:00 - Lincoln Park

##### Friday

1:00 - Rainbow

#### FOOT CARE (Fee Applies)

Thursday, March 11 and  
Tuesday, March 23

9:00 - Portman

NEW PHONE NUMBER:

Call 730.4388 to  
sign up.

#### BLOOD PRESSURE

Thursday,  
March 4

10:30 - Portman

Wednesday, March  
17 & 24

11:30 - Rainbow



*May your blessings outnumber  
the shamrocks that grow, and  
may trouble avoid you wherever you go!*

Irish Blessing



# MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS	10:00	Open Recreation
	11:30	Senior Dining Meal
<b>MONDAY</b>	10:00	Bone Builders
<b>TUESDAY</b>	10:30	Quilting
<b>WEDNESDAY</b>	9:30	TOPS
	10:00	Bone Builders
	12:30	Bingo
<b>THURSDAY</b>	12:30	Cribbage
<b>FRIDAY</b>	10:00	Bone Builders
	12:15	Bridge
<i>Wednesday</i>	<i>March 3</i>	
	11:00	Senior Meeting
<i>Tuesday</i>	<i>March 16</i>	
	1:00	Bake/No Bake Sale!
	12:30	"Double Holiday" Party (St. Pat/St. Urho)



Although there are a few modern versions of where "St. Urho Day" originated, most believe Richard

Mattson of the Iron Range, a melting pot of immigrants, to be the creator. Teasing one another about their old country was a way of life and telling tall tales was common. At a St. Patrick's Day party in 1956 in Virginia, the Irish were bragging about their hero and how he drove snakes out of Ireland. Deciding to get one up on them, Mr. Mattson, who worked at Ketola's Department Store, boasted that the Finnish had their own wonderful saint who drove out poisonous frogs from Finland! As the night progressed, the new "holiday" was declared to be one day before the Irish holiday and was named "St. Urho's Day". (The president of Finland at that time was Urho Kekkonen.)

Mr. Mattson died on June 5, 2001, shortly before his 88th birthday. He managed Ketola's Department Store for 42 years. SOURCE: Brownielocks.com

# PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
<b>MONDAY</b>	12:45	Bingo
<b>TUESDAY</b>	9:00	Exercise
	12:00	Bridge
<b>WEDNESDAY</b>	1:00	Tap Dancers
<b>THURSDAY</b>	9:00	Exercise

*Monday* *March 1*  
12:00 Senior Meeting

*Thursday* *March 4*  
10:30 Blood Pressure

*Thursday* *March 11*  
9:00 Foot Care  
NEW PHONE NUMBER:  
Call 730.4388 to sign up.

*Friday* *March 12*  
1-5 PM AARP Defensive  
Driving Refresher Class  
(Call 730.4319 to register)

*Tuesday* *March 30*  
9:00 Foot Care  
NEW PHONE NUMBER:  
Call 730.4388 to sign up.



*Do not resent  
growing old,  
for many are  
denied the privilege.*

**Irish Blessing**

Call 218.727.4321 for  
more info on the  
**SENIOR DINING PROGRAM**  
sponsored by AEOA  
at the following sites:

**DULUTH HEIGHTS HOLY CROSS CHURCH**  
410 North Arlington Avenue • 722.6022  
**EVERGREEN SENIOR CENTER**  
5830 Grand Avenue • 723.3663  
**LINCOLN PARK COMMUNITY CENTER**  
2014 West Third Street • 722.4107  
**MORGAN PARK COMMUNITY REC CENTER**  
1242 88th Avenue West • 626.4522  
**PORTMAN COMMUNITY REC CENTER**  
4601 McCulloch Street • 525.0838  
**RAINBOW COMMUNITY CENTER**  
211 N 3rd Ave E • 727.8147  
**WOODLAND GARDENS APARTMENTS**  
127 Calvary Road • 724.2989



# RAINBOW CENTER

211 North 3rd Avenue East • 727.8147 (Cathie McGovern)

## SPECIAL EVENTS



<b>Thursday</b>	<b>March 4</b>	NAPS 10 am - 2 pm (727.5653, ext 12) Call Cathie at 727.8147 to adjust schedule
<b>Friday</b>	<b>March 5</b>	BIRTHDAY BINGO 1 PM
<b>Monday</b>	<b>March 8</b>	ADVISORY BOARD MEETING 9:30 AM SPEAKER 2 PM ("Strokes" with Dr. Devon Dannen)
<b>Wednesday</b>	<b>March 10</b>	ST. PATTY'S DAY CRAFT, BAKE SALE & OPEN MARKET 8:30 AM
<b>Monday</b>	<b>March 15</b>	SPEAKER 2 PM ("Whole Foods Co-op" with Shannon)
<b>Wednesday</b>	<b>March 17</b>	BLOOD PRESSURE CHECKS (Chris Jensen) 11:30 AM ST. PATTY'S DAY BINGO PARTY 1:00 PM Two Free Boards, Prizes, Lunch (\$1) Cones, Dessert, Chips & Beverage
<b>Monday</b>	<b>March 15</b>	SPEAKER 2 PM ("Whole Foods Co-op" with Shannon)
<b>Friday</b>	<b>March 19</b>	RAINBOW CENTER BENEFIT CONCERT/SILENT AUCTION 6 PM \$10 Donation - Sacred Heart Music Center
<b>Monday</b>	<b>March 22</b>	SPEAKER 2 PM ("Weight Management" with Dr. Jenny Brown)
<b>Wednesday</b>	<b>March 24</b>	SPRING CRAFT, BAKE SALE & OPEN MARKET 8:30 AM AARP DRIVER'S REFRESHER COURSE 9 AM
<b>Monday</b>	<b>March 15</b>	SPEAKER 2 PM ("The Importance of Vitamin D" with Dr. Schonseld)
<b>Wednesday</b>	<b>March 31</b>	BLOOD PRESSURE CHECKS (Interim) 11:30 AM

## WEEKLY ACTIVITIES

**WEEKDAYS** 11:30-12:30 Senior Dining Meal

### MONDAYS

12:30 Water Color & Drawing  
12:45 Cards  
Judi's Exercise Class  
2:00 Educational Lecture  
& Ice Cream Parlor



**WHY DID ST. PATRICK DRIVE THE SNAKES OUT OF IRELAND?**

*He couldn't afford the plane fare!*

**HOW DO YOU KNOW IF AN IRISHMAN IS HAVING A GOOD TIME?**

*He's Dublin over with laughter!*

<b>TUES</b>	9-12 8 - 4  1:00  3:00 6:00	AARP Tax Preparation Ceramics (8-6 on 2nd Tues) Knit, Crochet, & Handwork Tai-chi Coin Club (2nd Tues)
<b>WED</b>	8:30 - 3 9-12 1:00	Ceramics AARP Tax Preparation Bingo
<b>THURS</b>	9-12 9 - 3 All Day 10:00	AARP Tax Preparation Open Art Class Open Recreation Naps (1st Thursday) Chair Yoga
<b>FRI</b>	9 - 3 10:00 1:00	Open Art Class Chair Yoga Bingo



# LINCOLN PARK CENTER

2014 West3rd Street • 722.4107 (Carol Kari)



## SPECIAL EVENTS

Computer lab open weekdays!!!  
\$1.50 per month thru April

- Thursday March 4** NAPS 12-1:00 PM
- Tuesday March 9** RUMMAGE SALE 9 AM - 3 PM  
Bring donations any weekday (9-2) prior to this date to help with this important fundraiser to keep our center open.
- Wednesday March 10** BILLIARD TOURNAMENT FINALS 9 AM

**Monday March 15**

ST. PATRICK'S DAY PARTY! 1:00 PM  
\$1 - Music and refreshments in Midtown II Dining Room

**Monday March 22**

AARP DRIVERS SAFETY PROGRAM REFRESHER COURSE 1-5 PM  
Call 722.4107 between 9-2 to register.

## WEEKLY ACTIVITIES

**WEEKDAYS** 11:30 -12:15  
Various Hours

SENIOR DINING MEAL  
COMPUTERS AVAILABLE FOR USE - \$1.50 per month thru April  
Check directly at the computer lab for hours open to the public or call 722.4107. Schedule is planned around Computer Classes on Mondays and AARP Tax Prep on Wed, Thurs, and Friday.

**MONDAY** 9:30 - 10:30  
12:00 - 2:00

EXERCISE CLASS WITH CAROL  
Low impact exercises done standing or sitting. All are welcome!  
MOVIE

**TUESDAY** 9:30 - 3:00  
10:00 - 2:00

CERAMICS  
"MORNING OUT" - WEST  
Call Peg Kirsh Lee of Lutheran Social Services at 724.0648 for more information on this program that gives caregivers a much-needed break.

10:00 - 1:00

ICE CREAM SOCIAL - \$1 each for sundaes and root beer floats!

**WEDNESDAY** 9:00 - 1:30  
9:30 - 10:30  
10:00 - 2:00

AARP TAX PREPARATION  
EXERCISE CLASS WITH CAROL  
PAINTING

**THURSDAY** 9:00 - 1:30  
10:00 - 1:00  
1:00

AARP TAX PREPARATION  
HOT CHOCOLATE & WHIPPED CREAM - \$1.50/cup  
BINGO

**FRIDAY** 9:00 - 1:30  
10:30  
12:30 - 3:00

AARP TAX PREPARATION  
POETRY CLASS through March 19  
CRIBBAGE

**C**ome join us for a "Free and Open to the Public" POETRY CLASS. Classes are scheduled at 10:30 AM on Friday, - March 5, 12 and 19, right here at the Lincoln Park Center. Please bring your own pen, glue stick, scissors, and a blank notebook. Instructor is Tina Higgins, MFA Creative Writing, Hamline University. Don't miss out on this one!







# D-O-U-B-L-E

# HOLIDAY

## Party

Morgan Park Community Recreation Center  
1242 88th Avenue West

**Tuesday • March 16, 2010**  
**12:30 - 3 PM**

**"Bake - No Bake" Sale at 11 AM**

- **DICE GAME**

Bring one or more wrapped gifts.

(Put on your thinking caps - bring something purple or green, Finnish or Irish!)

- **GUESS WHO?!**

Bring a young photo of yourself and let's guess who everyone is!

(Put picture in an envelope with your name on the back.)

- **REFRESHMENTS**

Cake and Punch

**AEOA SENIOR DINING MEAL**  
**SERVED AT 11:30**

Hot Beef Sandwiches  
Yum! Yum!

If dining, call 626.4522 by March 12!



**QUESTIONS ABOUT THE PARTY? Call Theresa at 218.390.4971**